

BERA Body Building & Exercise Club

BNL Gymnasium—Building 461 on Center Street

<http://www.bnl.gov/bera/activities/bodybldg/>

Tours & information are always available. To view additional dates/schedule, please go to the BERA website, or call Ext. 2873.

Hours: Monday-Friday: 7am-9am

11am- 9pm

Closed from 9am-11am for custodial cleaning

Saturday 10am-4pm

Closed Saturday's Memorial Day - Labor Day

Membership: BERA members are employees and retired employees of BNL, BSA, Brookhaven DOE, persons with BNL or BSA guest and visiting appointments, employees of permanent on-site employers (such as Cafeteria, Credit Union, Upton Post Office, etc.), and their immediate family. "Immediate Family" is defined as spouse, children 18 & over, and parents. Participants in BERA athletic leagues, clubs and competitive events must be **18 years or older**.

JOINING & MEMBERSHIP DUES:

- \$25/calendar year for Membership, \$15 for Student Membership.
- Please make check (no cash) payable to: **BERA Bodybuilding Club**
- **NEW MEMBERS** ~ Mail to Recreation Office, Bldg. 179B
- **RENEWALS** ~ Mail to Elliott Levitt, Bldg 134

Include the following information on your check:

- Life/Guest Number
- Mailing Address
- Phone Number
- E-mail Address
- **NEW MEMBERS** ~ Mail to Recreation Office, Bldg 179B
- **RENEWALS** ~ Mail to Elliott Levitt, Bldg 134
- **All those signing up a non-employee (spouse or family member) must come to the Recreation Office in 179B for a special reader card for entry.**

FREE Gym Orientation, Safety, and Instruction

All new members are expected to participate in at least one (1) orientation/training session with our Exercise Physiologist, Joann Giambalvo. Joann will be in the gym twice a month on certain Mondays and Wednesdays to give FREE assistance & guidance to all members.

Check the website for dates: <http://www.bnl.gov/bera/recreation/fitness.asp>

Additionally, The Health Promotion Program provides individual consults with Jennifer Gatz, M.B.A., Exercise Physiologist for eligible employees with health issues. To access this service call Michael Thorn at extension 8612. Tours & information are always available.

Gym Etiquette

1. Always make sure there is someone in the vicinity - do not work out alone.
2. Wipe down the equipment when you are done.
3. Don't monopolize weight equipment; let others work in with you.
4. Return plates and dumbbells to their racks when you are done.
5. If you see any conditions or actions that you regard as unsafe, contact one of the BBC officers.
6. The time limit on cardio equipment is 20 minutes. Be considerate of others, and don't go over the time you signed up for.
 - **All Facility users are expected to wear appropriate clothing and clean sneakers (no sand/dirt!).**
 - **Each User must purchase his or her own membership. Do not allow non-members into the Weight Room.**

NOTE: *Day Passes* are available for \$3 at the BERA Store. The BERA store is open Monday-Friday 9am-3pm. Memberships will **not** be taken at the BERA Store. Please see above information.

Call Ext. 2873 for more Information